

AGING HORIZONS



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Aging Perspectives

by Charlie Rehbein

Based on 2010 US Census information provided by the Department of Commerce's Census and Economic Information Center, **35 to 40 people in Montana will turn 65 years of age every day until 2030.** This means that only our seven highest populated cities, Billings, Missoula, Great Falls, Bozeman, Butte, Helena and Kalispell have larger populations than the number of people (over 12,775) who will turn 65 every year. And this trend will continue every year for the next 18 years.

Planning for our future as an aging society will become more challenging over the next several years. Questions we have been asking and need to answer in the next few years as Montana ages are: can we keep the elderly, especially those in our most rural areas of the state, in their homes or at least in their home communities? If we can't keep them in their home communities, where do they go and what impact will that have on them, their family, friends and their home town? And what will be the impact to the city or town they may end up having to move to if they can't stay in their home community as they age?

One thing we do know, healthy life styles can make a difference in one's life and it is not too late to make changes. This year's Governor's Conference on Aging, May 1st and 2nd in Helena at the Red Lion Colonial Inn, has selected it's theme to be Aging in Good Health: Mind, Body and Spirit. For information on the conference, as well as other information regarding aging, go to our website at <http://www.dphhs.mt.gov/sltc>.

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This issue of Aging Horizons is the maiden voyage of going paperless. In the past, we have sent the newsletter by e-mail, posted it on our webpage and sent it out by the US Mail. Please let us know what you think about this paperless newsletter and also let us know if there are topics you would like us to consider as we prepare future Aging Horizons Newsletters by sending your comments to: [crehbein@mt.gov](mailto:crehbein@mt.gov).



## 44<sup>th</sup> Governors Conference on Aging

### Aging in Good Health: Mind, Body and Spirit

Mark your calendar and plan to attend the Governor's Conference on Aging May 1 and May 2, 2012 in Helena MT at the Red Lion Colonial Inn. For motel rooms call 406-443-2100.

This year's conference is for anyone who is over the age of 60, knows someone over the age of 60, is a caregiver and anyone of any age who cares about Montana's elders. The conference includes sessions on: the State of Aging from a national, state and local prospective; the state of Medicare/Medicaid and Social Security; Kindle Your Brain; Montana Veterans Affairs; Activity, Vitality and Longevity; Advocating for Seniors and much, much more. For more information and full agenda go to: [www.aging.mt.gov](http://www.aging.mt.gov)

**If you cannot register using the on-line registration form and payment system, please send this form along with your check to: Governors Conference on Aging, PO Box 4210, Helena MT 59604**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

|                              |      |       |       |
|------------------------------|------|-------|-------|
| Additional People Attending: | Full | May 1 | May 2 |
|------------------------------|------|-------|-------|

|             |       |       |       |
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| Name: _____ | _____ | _____ | _____ |
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| Name: _____ | _____ | _____ | _____ |
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**Full Conference - Registration Fees for May 1<sup>st</sup> and May 2<sup>nd</sup>**

|      |                                 |                      |
|------|---------------------------------|----------------------|
| \$55 | Prior to April 20 <sup>th</sup> | _____ X \$55 = _____ |
|------|---------------------------------|----------------------|

|      |                              |                      |
|------|------------------------------|----------------------|
| \$60 | After April 20 <sup>th</sup> | _____ X \$60 = _____ |
|------|------------------------------|----------------------|

**Single Day - Registration Fees (please check which day you are attending).**

|                                |                                   |                      |
|--------------------------------|-----------------------------------|----------------------|
| _____ May 1 <sup>st</sup> \$30 | after April 20 <sup>th</sup> \$35 | _____ X \$30 = _____ |
|--------------------------------|-----------------------------------|----------------------|

|                                |                                   |                      |
|--------------------------------|-----------------------------------|----------------------|
| _____ May 2 <sup>nd</sup> \$30 | after April 20 <sup>th</sup> \$35 | _____ X \$35 = _____ |
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**Additional Lunches Only:** May 1<sup>st</sup> Centenarian Luncheon \$22 \_\_\_\_\_ X \$22 = \_\_\_\_\_

May 2<sup>nd</sup> Conference Luncheon \$20 \_\_\_\_\_ X \$20 = \_\_\_\_\_

Registration Fee \$ \_\_\_\_\_

Plus additional lunches \$ \_\_\_\_\_

Total Amount Enclosed \$ \_\_\_\_\_

Note: Credit cards accepted only by  
On-Line registration.

For more information call 1-800-332-2272 and ask for [Brian LaMoure](#).



## Energy Share of Montana – Here to Help

Now's the time of year when you may have struggled all winter to pay your heat and light bills, but you find yourself falling further and further behind. If you or someone you know are facing a termination notice with your energy provider, please call Energy Share at 1-888-779-7589 to see if we can help you out.



## Calling all Caregivers...

The Montana Department of Public Health and human Services (DPHHS), in collaboration with the Montana Lifespan Respite Coalition and the Montana's Aging & Disability Resource Center (ADRC) network are working to build the infrastructure for a sustainable Lifespan Respite program that will make respite services in Montana more accessible for all caregivers.

Respite care provides temporary relief for family members that have the full-time task of caring for their aging or disabled loved ones with special needs. In Montana, there are over 110,000 people who find themselves in this position and 88% of them never get a break.

We need your input to help build and implement this program. During the Governor's Conference on Aging, scheduled for May 1<sup>st</sup> and 2<sup>nd</sup>, 2012, we are planning to facilitate two focus group meetings. One will be on May 1<sup>st</sup> from 2:00 to 3:00 and another in the evening. This group will gather input and information from caregivers that cover the entire life spectrum caring for infants, children, young adults and elderly that need assistance to be able to live in their homes with family. If you are a caregiver, we hope to see you at the meeting. If you know a caregiver, please pass on this information.



If you are interested in only coming to the focus group and have no plans to participate in the conference there will be no charge to attend.

For more information please contact:

Kerrie Reidelbach in Helena at 444-0998 or 1-800-332-2272

Vicki Clear in Miles City at 1-800-224-6034



**We are public health.  
We work to prevent fall injuries in older adults.**

Falls are the leading cause of injury and death in adults over 65 <sup>1</sup>, but the good news is that with education and support, older adults can reduce their risk of debilitating falls.

In 2010, the Montana Department of Public Health and Human Services (MT DPHHS) was looking for a fall prevention program for older adults that it could pilot test in a few Montana communities. After looking at a variety of effective programs, Bobbi Perkins, Injury Prevention Coordinator for MT DPHHS, and her team chose a program called Stepping On.

Stepping On is a program designed to address the risk factors that can cause falls in older adults. These factors include lack of regular exercise, vision changes, and the presence of fall hazards in the home. Participants attend for seven weeks. During the two-hour sessions, participants learn exercises that help them gain strength and balance. They also learn about how they can monitor their home environment to reduce the likelihood of falls. Keeping floors clutter-free, making sure that light fixtures are working properly, and having a chair available when getting dressed are just some of the safety tips participants learn while in the program.

Data taken from the first three pilot sites in Great Falls, Lewiston, and Missoula show that the program is effective in reducing falls. Participants who completed the course and a six month follow-up questionnaire reported a 77 percent decrease in falls that caused them to go to the doctor. Participants also reported having less fear of falling. So far, the most powerful effect of the program has been shown to occur while participants are attending weekly sessions. The Montana Injury Prevention Program is now looking for ways to structure the program so that its effects are long-term and far-reaching.



Response from participants has been enthusiastic. Participant Joan Oleyar, 84, said she learned how to use her cane without it tripping or straining her. "I've learned so much about safety," she said. "I hate to see the class end because I think there is more we can learn."

Communities who currently have the program are looking for ways to continue the program when MT DPPHS sponsorship rotates to new communities. (MT DPPHS has recently introduced the program in Whitefish and Kalispell.) About the future of the program, Bobbi Perkins says, "We are committed to expanding Stepping On to more communities in Montana and are currently exploring possibilities for funding more programs. This program has been well received in Montana and is making a positive difference in the lives of the participants."

For more information about the program, plan to attend the 2012 Governor's Conference on Aging in Helena on May 1<sup>st</sup> and 2<sup>nd</sup> at the Red Lion Colonial Inn. For registration and more information on the conference please go to <http://www.dphhs.mt.gov/sltc/services/aging> and click on the Governor's Conference on Aging link on the left hand side of the page. Or if you are unable to attend the conference but want more information please contact Bobbi Perkins at 406.444.4126 or [bperkins@mt.gov](mailto:bperkins@mt.gov).

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Fire Safety for Older Adults



The facts speak for themselves: the relative risk of Americans over the age of 65 dying in a fire is 2.6 times greater than that of the general population. The risk worsens as age increases. People age 85 and older die in fires at a rate 4.4 times higher than the rest of the population.

The leading cause of fire deaths in older adults is smoking and the leading cause of fire injuries in older adults is cooking.

There are a number of precautionary steps older Americans can take to dramatically reduce their chances of becoming a fire casualty, including:

- Don't leave smoking materials unattended and never smoke in bed.
- Never leave cooking unattended. Use a timer to remind you that you are cooking.
- Keep anything that can burn at least three feet away from heat sources, like portable space heaters, wood burning stoves, and fireplaces.
- Place a smoke alarm on every level of your home, including the basement, and both inside and outside bedrooms.
- Know at least two exits from every room. Make sure all doors and windows that lead outside open easily.

VITAMIN D AND CALCIUM FOR SENIORS

Minkie Medora, RD

Nutrition news is abundant in the media every day. Recently, two important nutrients have received a lot of attention. These are calcium and Vitamin D and the unique synergy between them. The knowledge about the need for calcium as well as sources of calcium is well known. Now there is increased attention to the benefits of combining intakes of calcium and Vitamin D, so that one can maximize the actions of the other in the body. A lot more research has been done recently on the need for Vitamin D and its benefits, not just for bone health but for other possible benefits.



Studies are now showing that there may be additional benefits of Vitamin D besides bone health. Some of these possible benefits are in reducing risk of certain cancers, cardiovascular disease, Type 2 Diabetes and cognitive function. Vitamin D continues to play an important role in calcium absorption by increasing the amount of calcium going into bone cells, and reducing fracture risk in seniors.

Maximizing calcium absorption into bones is critical. Reduced calcium deposits cause osteoporosis, a condition in which the body removes calcium from bones to use for other functions. When this loss continues, bones become brittle and break easily. For seniors who have poor balance, falls are more likely. We should also recognize that many seniors don't have osteoporosis, but suffer from low bone mass and are starting to lose calcium.

Increasing Aging Population: Life expectancy in the US has increased from 47 years in 1900 to 76 years 1990. Since 1900, the US population has tripled, but the number of adults 65 and older increased 11 fold, from 3.1 million in 1900 to 33.9 million currently. By 2030 the number of older Americans is expected to go to 70 million.

It is therefore critical that as our senior population increases, we pay special attention to changing body needs. Aging can bring about loss of lean muscle tissue and bone mass. At the same time, body fat increases if calorie intake and physical activity are reduced. Diet and the use of foods that provide the best possible nutrient needs make a difference in how the changing needs in the body are met.

The latest thinking on calcium and Vitamin D. To understand new findings on Vitamin D intakes, the US Institute of Medicine (IOM) was asked by the government to look at the recent information and make recommendations for what would be the best levels for

people of all ages. Therefore, IOM reviewed Dietary Guidelines for Americans (DGAs) for both calcium and Vitamin D. The current recommendations for calcium are the same – 1,200 mg/day for people 51 and older. Vitamin D requirements have now been increased to 600 IU/Day for people 60 and older, and 800 IU/day for those over age 70. There are Upper Level Intakes for both nutrients that go higher than the RDAs, but it is not necessary to try and reach these levels.

Getting calcium and Vitamin D in senior menus: The senior meals should provide one-third of the daily requirements for all nutrients. We also need to keep in mind that many seniors may not be getting the remaining two-thirds of these nutrients on their own, so making sure your meal covers one third of the requirements is essential. There are several options for including the two nutrients

Foods that are good sources of calcium include *fortified* dairy products such as milk, yogurt, ice-cream, and milk substitutes. Other good sources of calcium are spinach, soybeans, white beans, canned sardines and salmon with bones that are softened in the canning process. For those who cannot tolerate milk, there are fortified milk substitutes like soy milk and rice milk, as well as fortified lactose-free milk.



Foods that are good sources of Vitamin D include dairy products that are *fortified* with the vitamin – such as most milk products, yogurts and fortified orange juice. Fatty fish like salmon and sardines are very good sources also. So both calcium and Vitamin D can be found in the same foods.

The challenge of getting enough Vitamin D. In addition to the food sources, Vitamin D is made under skin from exposure to sunlight. For seniors, this is not something they can depend on. The ability to make Vitamin D in the body decreases as people get older. In addition, our Montana weather has too many days without the sun, and the winters keep people largely indoors. Even in summer, when there is more sun, seniors need to be careful about using sun-screen and not staying out too long. So, the combination of lack of sun light and concern about risk of skin cancer makes it very difficult for seniors to get sunlight to produce Vitamin D in the body. People who are obese or have dark skin also do not produce enough Vitamin D in the body.

Meeting the new Vitamin D requirement and the use of supplements. The decision to take supplements depends on how much seniors get from their diets. If seniors are not sure they are getting enough Vitamin D from food, supplements are a good option to enhance what is in the diet. Most calcium supplements also have Vitamin D combined.

If seniors are taking multivitamins, they should check the label to make sure it has both nutrients. Many of the daily multivitamins and calcium supplements have 400 ug Vitamin D added – which is at least half of the daily requirement. Vitamin D supplements are also available for those trying to reach the 800 ug level.

Finally – the benefits of physical activity must not be overlooked. Senior meal programs should encourage and offer opportunities for seniors to exercise and do other physical activity to strengthen bones and improve overall balance, as well as develop lean muscle mass.

Vitamin D: Top 10 food sources in standard food portions

Food	Standard Portion Size	Vitamin D in standard portion (ug)
Salmon, Sockeye, cooked	3 ounces	19.8
Salmon, smoked	3 ounces	14.5
Salmon, canned	3 ounces	11.6
Tuna, light, canned in oil, drained	3 ounces	5.7
Sardine, canned in oil, drained	3 ounces	4.1
Tuna, light, canned in water, drained	3 ounces	3.8
Whole milk – fortified with Vitamin D	1 cup	3.2
Whole chocolate milk, fortified - Vitamin D	1 cup	3.2
Milk, (nonfat, 1%, 2%, fortified – Vitamin D	1 cup	2.9
Soymilk, fortified with Vitamin D	1 cup	2.7

Calcium: Top 10 food sources in standard food portions

Food	Standard Portion Size	Calcium in standard portion (mg)
Fortified ready-to-eat cereals (various)	$\frac{3}{4}$ - 1 cup	250-1000
Orange juice, Calcium fortified	1 cup	500
Plain yogurt fortified	1 cup	452
Pasteurized processed Swiss cheese	2 ounces	438
Tofu, raw, regular prepared with calcium sulfate	$\frac{1}{2}$ cup	434
Ricotta cheese, part skim	$\frac{1}{2}$ cup	337
Swiss cheese	1.5 ounces	336
Mozzarella cheese, part skim	1.5 ounces	311
Low-fat milk (1)	1 cup	305
Soymilk, original & vanilla, fortified- Ca	1 cup	299

Easy Salmon Sticks

Makes 8 servings

Ingredients:

1 can (14.75 oz) drained pink salmon

1.2 C crushed low-sodium saltine crackers (about 16 crackers)

1 egg

Dash of seasonings like basil, oregano, garlic powder

1 Tablespoon vegetable oil

Non-stick cooking spray



Directions:

1. In a large mixing bowl, combine salmon, cracker crumbs, egg and seasonings.
2. Divide mixture into 8 balls and shape into sticks about 4" long.
3. Lightly coat a skillet with cooking spray. Add oil and preheat skillet. Medium heat 1 – 2 minutes. Add fish sticks and cook for 3 minutes.
4. Flip over and cook about 3 mints or until golden brown.

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## The Legal Service Developer Legal Document Clinics



The Legal Service Developer Program (The Program) has confirmed the following Legal Document Clinics (Clinics) for 2012: **April** – Glasgow; **May** -Helena;

**June** – Great Falls; July – Conrad; **August** –

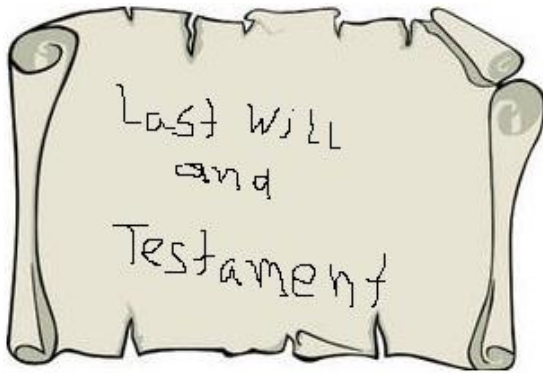
Missoula; **September** – Sanders County; and **October** – Glendive & Miles City.

The Program will recruit attorneys & paralegals in volunteering their time to assist up to fifty participants for the larger clinics and eight to ten participants for the smaller clinics.

Attorneys and paralegals will assist participants with the following documents: Beneficiary Deed; Affidavit of Death; Revocation of Beneficiary Deed; PoA – Durable forms; Declaration of Living Will Appointment; Declaration of Living

Will; Revocation of Declaration of Living Will; Declaration of Homestead; Simple Will.

In 2011 the Program completed five Clinics in Kalispell, Havre, Ronan, Butte and



Billings. A total of 224 participants completed 864 documents. The program could not have succeeded without the commitment of legal volunteers consisting of 24 attorneys; 18 paralegals; and 20 volunteers. The program recognizes the continued support from the Area Agencies on Aging, County Councils on Aging and Senior Centers. With their support the program's

success has been critical in assisting people across Montana whose lives have been changed by educating people on the importance of completing legal documents which not only effect their lives but the lives of their adult children.

We are looking forward to another successful year by helping people create a legal healthy lifestyle. For more information on a clinic in your area, please contact your local Area Agency on Aging at 1-800-551-3191.

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CENTENARIANS TO BE HONORED

Centenarians, those who are 100 years of age or older will be honored at the Governor's Conference on Aging in Helena at the Red Lion Colonial Inn at the noon luncheon on May 1st. If you know of a person who will turn 100 in 2012 or is 100 years old or older and would like them to be honored, please contact Brian LaMoure

at blamoure@mt.gov or Janet Stellmon at jstellmon@mt.gov .

For more information about this event, the aging conference and other aging issues, please go to the Senior and Long Term Care website at <http://www.dphhs.mt.gov/sltc>